



GIRL GUIDES  
AUSTRALIA

Are you ready for...

# Free being me

**Are you ready for Free Being Me?** This program for Australian Guides is being rolled out across Australia now! Designed to build body confidence and self – esteem it is full of innovative fun activities for girls aged 7 to 14.

For more information go to [www.girlguides.org.au](http://www.girlguides.org.au) or contact:



[www.free-being-me.com](http://www.free-being-me.com) [selfesteem.dove.com](http://selfesteem.dove.com)



Dove & the World Association  
of Girl Guides and Girl Scouts